



## **CATEGORIES**

LONG COURSE	SHORT COURSE
Elite Men & Women	Expert Men & Women & E-Bike
U23 Men & Women	U15 Men & Women
U19 Men & Women	U17 Men & Women
Masters 1 - 6 Men	Masters 7 - 10 Men
Masters 1 to 3 Women	Masters 4 - 10 Women



## LONG COURSE

MELROSE, SA

TECH FEED

10



BOOM

600M

400M

ELEV (METERS)





## ADAPTIVE COURSE





## DISTANCE 51.0km

LAPS 10

ELEVATION 395m



